

Happiness at Work

Presentation for PICNet Conference

March 2016

Websites + Links

Greater Good Science Center

www.Greatergood.berkeley.edu

The Greater Good Science Center studies the psychology, sociology, and neuroscience of well-being, and teaches skills that foster a thriving, resilient, and compassionate society. Based at the University of California, Berkeley, the GGSC is unique in its commitment to both science and practice

Center for Healthy Minds

www.centerhealthyminds.org/about/overview

At Center for Healthy Minds their mission is to cultivate well-being and relieve suffering through a scientific understanding of the mind. Based at the University of Wisconsin-Madison.

Mindful

www.mindful.org/

Mindful's purpose is to inform, inspire, guide, and connect all those who want to live a mindful life, to enjoy the scientifically supported benefits of mindfulness practices, and to create a more mindful and caring society.

International Day of Happiness

www.dayofhappiness.net/#join

Let's create a happier world together. March 20, 2016

Dr. Barbara Fredrickson

www. positivityratio.com/

Barbara Fredrickson is Kenan Distinguished Professor of Psychology and principal investigator of the Positive Emotions and Psychophysiology Laboratory (a.k.a. PEP Lab). Her research reveals how positive emotions, fleeting as they are, can tip the scales toward a life of flourishing. Based at the University of North Carolina at Chapel Hill.

Amy Cuddy

www.ted.com/speakers/amy_cuddy

Amy Cuddy's research on body language reveals that we can change other people's perceptions — and even our own body chemistry — simply by changing body positions. Based at Harvard Business School.

Dr. Sonja Lyubomirsky

<http://sonjalyubomirsky.com/>

Research psychologist and University of California professor of psychology, Sonja Lyubomirsky has devoted the majority of her research career to studying human happiness. Her current research addresses three critical questions: 1) What makes people happy?; 2) Is happiness a good thing?; and 3) How and why can people learn to lead happier and more flourishing lives? Based at the University of California, Riverside.

Emotional Contagion

<http://psychology.uchicago.edu/people/faculty/cacioppo/itcreprints/hcr93.pdf>

This concept speaks to a paradox. People seem to be capable of mimicking other's facial, vocal and postural expressions with stunning rapidity yet seem unaware of how swiftly and completely they track these expressive behaviours and emotions of others.

Dynamic Well-Being Model

<https://www.happinessatworksurvey.com/science>

The happiness at work survey creates indicators that describe how the organisational system interacts with the resources employees bring to work to support people to do well and feel good in their jobs.